

Be Prepared for Winter Weather!

It is important to be prepared in the event that you are homebound by weather or another emergency. The following is a list of items that we recommend you keep in a box with a tight fitting lid somewhere in the house that is centrally located and easy to get to.

1. A working can opener (should be battery or hand operated in case the power goes out).
2. A working portable radio with fresh batteries (and a package of spares) tuned to a local radio station for information.
3. A working flashlight and extra batteries. It's always a good idea to have a flashlight on each level of your home or in the rooms that you use frequently.
4. A set of warm clothes. A sweat suit, pair of socks, a sweater, hat, gloves and a blanket will help keep you warm if there is no heat or power. Remember to dress in layers to add warmth and retain body heat.
5. A list of phone numbers of family members, doctor, pharmacy, power company, heating supplier, apartment manager or landlord if appropriate and any other important numbers you may need quickly.
6. A charged cell phone to make an emergency call (**911**). This cell phone does not need to have service to be used for emergency calls. You may receive a free phone from the Department of Aging. Call 301.600.1605 for more information.
7. If you need assistance with obtaining food, home heating fuels, or other services, contact the Department of Aging Information and Assistance office at 301.600.1605.

During severe weather conditions, you should keep a supply of food on hand for emergencies. The following list of easy to open and prepare foods is recommended. Many of these items come with pull off tops and as individual servings. While somewhat more expensive, they provide variety, convenience and ease of use.

- Canned, bottled or single serve boxes of 100% juice.
- Canned or instant soups, stews and casseroles.
- Canned meat and fish. (tuna, ham, chicken)
- Canned, powdered or shelf stable cartons of Milk.
- Canned fruits and vegetables.
- Ready to serve puddings.
- Instant or ready to eat cereals.
- Dried fruits. (raisins, prunes, apricots, apples)
- Peanut butter and jam or jelly.
- Crackers, rice cakes or bread sticks.
- Granola and snack bars.
- Instant coffee, tea or cocoa.
- Bottled water. Purchased or fill clean containers from tap. One gallon per person per day.
- At least a one-week supply of medications.
- If you have a pet keep a one week supply of food and water on hand.

EMERGENCY CONTACTS



Call **9-1-1** if you need an ambulance, fire truck or police to respond immediately.

Name	Relationship	Phone Number
	Doctor	
	Pharmacy	
	Electric Company	
	Heating Supplier	
	Landlord / Apartment Manager	
	Insurance Company	